

# POLAR®

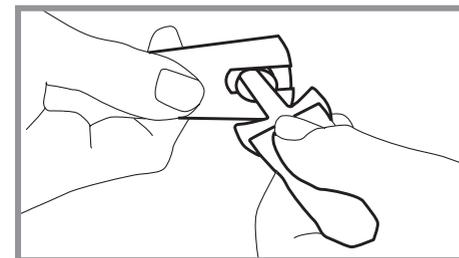
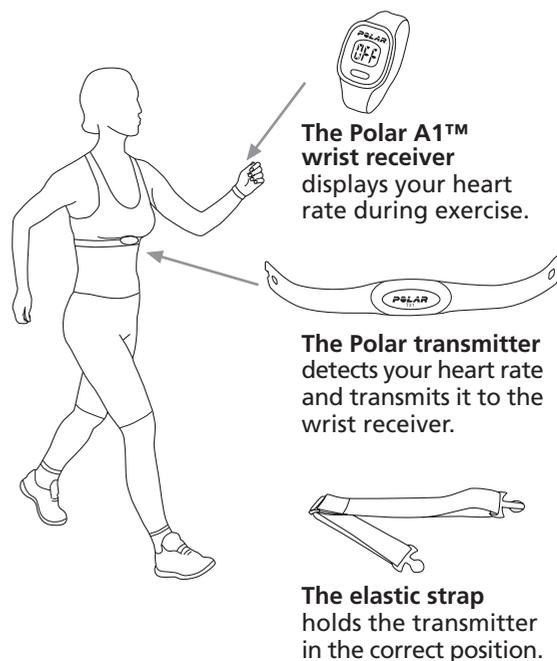


## Heart Rate Monitor

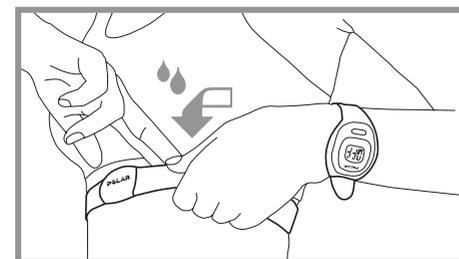
User's Manual  
GBR

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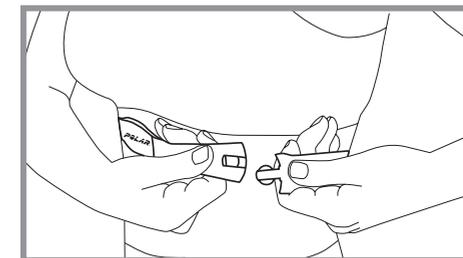
### 1. How to Put Your Heart Rate Monitor On



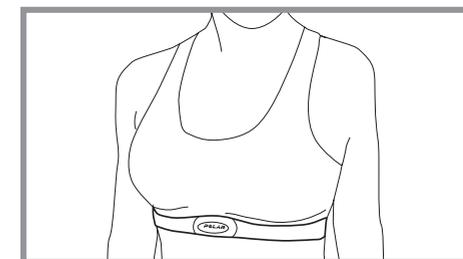
1. Attach the transmitter to the elastic strap.



3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle it.



4. Check that the wet electrode areas are firmly against your skin and the Polar logo is in a central, upright position.

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### 2. How to Start

1. Keep the wrist receiver within 1 metre/3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.



3. Stopwatch begins to run. Your heart rate appears in 5 seconds. Heart rate symbol ♥ flashes to the beat of your heart.



#### Exercise Time Indicator

1 block = 10 minutes exercise, 6 blocks = 1 h  
After one hour, when all the blocks are black, the cycle starts again.

4. To check your exercise time, bring the wrist receiver near the Polar logo on the transmitter. Your elapsed exercise time will appear for three seconds.



### 3. How to Stop and Recall File

1. Press to stop. 2. File recalling (steps 2-4) is scrolling automatically. 3. Average heart rate (3 sec.)



4. Total exercise time (3 sec.) 5. OFF-display



The average heart rate and the total exercise time are shown twice.

After that the wrist receiver turns off.

You can stop the file recall by pressing the button.

If you want to recall your file later, press and hold the button when OFF is displayed.

### 4. After Exercising

1. Carefully wash the transmitter with a mild soap and water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully with a soft towel.
4. Keep the wrist receiver clean and wipe off any moisture.
5. Store the heart rate monitor in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter. Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens battery life.

! The combined impact of moisture and intense abrasion may cause a black colour, which might stain light-coloured clothes especially, to come off the transmitter's surface.

## 5. Target Heart Rate Zone

To find your target heart rate zone, you need to know your maximum heart rate ( $HR_{max}$ ). To estimate your  $HR_{max}$ , use the following formula:

$$HR_{max} = 220 - \text{age}$$

$$\text{Your } HR_{max} = 220 - \text{age} = \text{_____}$$

Reference: American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. Williams & Wilkins, 1995.

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as percentages of your maximum heart rate ( $HR_{max}$ ).

When your heart beats at 50-60% of your  $HR_{max}$ , you're in the **light intensity** zone. This kind of exercise is easy; ex. daily activities and light chores. It delivers some health benefits.

Push on to 60-70% of your  $HR_{max}$  and you're in the **light to moderate intensity** zone. This is good for improving health, fitness and for weight loss. It also improves endurance.

At 70-85% of your  $HR_{max}$ , you've moved into the **moderate to heavy intensity** zone. This is harder work, but effective for strengthening aerobic fitness and endurance especially for people exercising more regularly.

### Find out your target zones:



#### Light intensity:

$$\text{upper limit } 0.60 \times \text{your } HR_{max} = \text{_____}$$

$$\text{lower limit } 0.50 \times \text{your } HR_{max} = \text{_____}$$



#### Light to moderate intensity:

$$\text{upper limit } 0.70 \times \text{your } HR_{max} = \text{_____}$$

$$\text{lower limit } 0.60 \times \text{your } HR_{max} = \text{_____}$$



#### Moderate to heavy intensity:

$$\text{upper limit } 0.85 \times \text{your } HR_{max} = \text{_____}$$

$$\text{lower limit } 0.70 \times \text{your } HR_{max} = \text{_____}$$

## 6. Minimising Possible Risks in Exercising with Heart Rate Monitor

Exercise may include some risk, especially for those who have been sedentary.

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is yes to any of the questions, we recommend to consult a doctor before starting an exercise program.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart, blood pressure, psyche, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine, can affect heart rate.

**It is important to be sensitive to your body's reactions during exercise.** If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

**Notice to persons with pacemakers, defibrillator or other implanted electronic device.** Persons who have a pacemaker use the Polar Heart Rate Monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

**If you are allergic to any substance that comes into contact with the skin or if you suspect an allergic reaction due to using the product,** check the listed materials in the "Technical Specifications" chapter. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

## 7. Technical Specifications

All Polar heart rate monitors are designed to indicate the level of physiological strain and intensity in sports and exercise. No other use is intended or implied. Heart rate is displayed as number of heartbeats per minute (bpm).

### Transmitter

Battery type: Built-in Lithium Cell

Battery life: Average 2500 hours of use

Operating temperature: -10 °C to +50 °C / 14 °F to 122 °F

Material: Polyurethane

Waterproof

### Elastic Strap

Buckle material: Polyurethane

Fabric material: Nylon, polyester and natural rubber

including a small amount of latex

### Wrist Receiver

Battery type: CR 2025

Battery life: Average 2 years (2h/day, 7 days/week)

Operating temperature: -10 °C to +50 °C / 14 °F to 122 °F

Water resistance: to 30 metres/100 feet

Wrist strap: Polyurethane

Wrist strap buckle: Polyoxymethylene

Back cover: Stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.

Accuracy of heart rate measurement:  $\pm 1\%$  or  $\pm 1$  bpm, whichever larger, definition applies to steady state conditions

Total exercise time: .....9 h 59 min

Exercise time display < 1 h: .....mm:ss

Exercise time display > 1 h: .....:hh:mm

Minimum duration of recorded exercise: ..1 min

## 8. Limited Polar International Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or International Guarantee Card, which is your proof of purchase!**
- Guarantee does not cover battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.
- Guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/ purchase contract.

 This CE marking shows compliance of this product with Directive 93/42/EEC.

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## 9. Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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